

A/PROF PRUE CORMIE – EXERCISE ONCOLOGY RESEARCH

Cancer is one of the most common causes of illness worldwide. In Australia, 1 in 2 men and 1 in 3 women will be diagnosed with cancer by the age of 85. And today, just like every other day throughout the year, over 125 people's lives will be cut short by cancer. Continued advances in the treatment of cancer have led to patients surviving long after they are diagnosed. However, cancer and its treatment can cause serious, long-term health problems that compromise quality of life. So while more cancer patients are living longer, many aren't living as well as they could be.

The exercise oncology team at ACU uses exercise as a medicine to enhance the lives of people with cancer. We conduct research focused on the prevention and management of adverse effects of cancer and its treatment. And our aim is to enhance outcomes for patients by developing and evaluating interventions that improve physical, mental and social wellbeing. The vision we're working towards is having exercise incorporated as a standard component of cancer care. And our focus is not just about generating new knowledge through innovative research but it's also about translating research into practice for meaningful improvements in the services available for people with cancer.

We believe a collaborative, multi-disciplinary approach is imperative to conducting impactful research that drives improvements in practice. As such, we engage in partnerships with hospitals, cancer centres, community organisations and other stakeholders throughout the healthcare industry. And we collaborate with leading cancer specialists, nurses, psychologists, health economists and other scientists worldwide. Our portfolio of research and translational activities is internationally recognised for being transformative and characterising a new paradigm of thinking to address significant problems in the management of cancer.

Above all, we're passionate about using cutting-edge exercise medicine to make a real difference to the lives of people affected by cancer.

